



Anatomy of Attunement: Audio Program Transcript

Bridget Quebodeaux

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THIS IS THE TRANSCRIPT ONLY for the audio program Anatomy of Attunement. To order the audio program, please visit: www.AnatomyofAttunement.com ANATOMY OF ATTUNEMENT---TRANSCRIPT ONLY Product Description: Authentic connection is a state of being that can be deepened through spontaneous expressions involving physical movement. Infant and animal behaviors demonstrate that reading and responding organically to and through non-verbal communication is natural to all of us. Physical habits and muscular holding patterns developed over time, however, can impact access to a free and easy exchange of these non-verbal behaviors. Psychotherapy research suggests that well attuned non-verbal communication on the part of the therapist, including perception of and expression through facial movements, gestures and body positions, can enhance the therapeutic alliance and contribute to improved outcomes including the “re-wiring” of attachment patterns and enhanced functioning of the client’s own internal regulating system. How can therapists raise their awareness of physical responses in both themselves and their clients and allow for reciprocal and therapeutically effective non-verbal communication? This transcript is meant to accompany the Anatomy of Attunement audio series. The audio series consists of five Feldenkrais Method® Awareness Through Movement® Lessons designed to stimulate the neural substrate required for effective non-verbal engagement (via movement explorations involving the muscles of the face, spine and breathing apparatus) toward the goal of corrective relational experiences in therapy Order the audio series: www.anatomyofattunement.com

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